

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

December 2006

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Please visit the COA website at [www.town.acton.ma.us](http://www.town.acton.ma.us), Click on Departments then on Senior Center.



Best Wishes For a Wonderful Holiday!



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## Name the Meal Site Winner

The winner of the “Give a New Name” to the congregate meal site at the Acton Senior Center is Ruth Andersen. The winning name is “**Hilltop Café**” which fits the location very well. Ruth received a gift certificate from Stop n Shop. Thanks to all who participated in the contest. In the near future we are planning to redecorate the dining room keeping in mind the new name.

## Email Scams

The Social Security Administration has alerted us to a scam asking citizens to update their information including their social security number. Please remember that you should NEVER give your personal information; banking, credit card, SSN over the phone or via the Internet unless you are extremely confident of the source to whom you are providing the information.

## Winter Weather Policy

When the Acton Schools are closed, Senior Center classes, programs and the Minuteman meal site will be closed. The Council on Aging office will remain open; call 978-264-9643. Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

## SENIOR CINEMA

### Thursday’s at 12:30

- *Thursday, December 14<sup>th</sup>*: **An Inconvenient Truth** - Former vice president Al Gore shares his concerns on the pressing issue of global warming in this documentary. PG
- *Thursday, December 21<sup>st</sup>*: **Wordplay** - This is a compelling look at the brainy world of crossword puzzles, the masterminds that conceive them and the folks who struggle to solve them in a film that offers a close look at one of America’s most popular pastimes. PG
- *Thursday, December 28<sup>th</sup>*: **A Good Woman** - One of Oscar Wilde’s most popular plays is given a new screen interpretation in this period comedy. In New York in the early ‘30’s, Mrs. Erlynne (Helen Hunt) is a widow who lives comfortably through the largesse of several married men. When she runs out of wealthy suitors in Manhattan, she decides to find greener pastures in Italy. PG

**All Classes and Programs are held at the Senior Center unless otherwise noted.**

The Senior Center and COA Office will be closed Monday, December 25<sup>th</sup> for Christmas.

We are also closed Monday, January 1<sup>st</sup> for New Years.

**Registration for NEW Classes and Programs begins Monday, December 4<sup>th</sup> at 12:00 noon.**  
**You may stop in or call to register.**

## TRIPS/OUTINGS

### **Edaville Railroad and The Fireside Grille**

**Thursday, December 14<sup>th</sup>**

Remember taking the kids to Edaville Railroad in South Carver to ride the narrow gauge train through the cranberry bogs? Well, this is our turn to go *without* them to enjoy the seven million holiday lights, animated displays and gift shops! We will first travel to the Fireside Grille in Middleborough for a 4:00 p.m. dinner of your choice; New England Turkey Dinner or Marinated London Broil complete from soup to dessert. Plan to be dressed for the winter weather as we will be walking around the paved walkways at Edaville; however, the train, gift shops and café are heated. No snow date will be planned for this trip.

**COST: \$44.00** includes bus, dinner, admission and gratuities

**DEPART: 2:15** from the Acton Senior Center; 50 Audubon Drive, South Acton (Approx. return will be 9:30 pm)  
Please note this one time change of trip parking at the Senior Center; carpool if possible.

### **Boston Symphony Orchestra - 2006/2007 Season of Open Rehearsals**

Join us for the BSO Open Rehearsal sessions and be a part of Maestro Levine's third year as BSO Music Director. We arrive at Symphony Hall in time for the lecture and then have a coffee break before the rehearsal begins. You may bring a bag lunch to leave on the bus and enjoy on the ride home.

•**Thursday, March 15<sup>th</sup>**: James Levine, conductor; Stephanie Blythe, mezzo-soprano; Women of the Tanglewood Festival Chorus; John Oliver, conductor; American Boychoir, Fernando Malvar Ruiz, music director. Mahler Symphony No. 3.

**COST: \$27.00** includes bus, ticket and gratuity

**DEPART: 8:00**, Nagog Woods Office Park – end of drive at cul de sac

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. We will return your check if you can't go, and if your place can be filled. If signing up for multiple trips please make separate checks for each.
3. Checks should be made out to: The FRIENDS of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is now at the end of Nagog Woods Office Park Road (except for December 14<sup>th</sup> – Edaville trip). Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

### **Volunteer Spotlight**

Our volunteer for December is Barbara Cowley. Barb has volunteered for the Council on Aging for many years. Barb moved to Acton in 1953 and raised her 4 children here. After 20 years of working for Dr. Keevil in Lincoln she retired and then worked 18 years in her next job as a medical transcriptionist for Concord Hillside Medical. Before we had our current senior center Barb used her substantial skills to type the COA Newsletter bulletin from home. She remembers physically cutting and pasting bits and pieces onto documents. Besides the challenge of getting all of the information to fit and align properly she used to also enjoy fitting in the little pictures in the leftover spaces in the bulletin. Once we computerized our newsletter, Barb found other worthy pursuits including her extensive genealogical research, stitching with the Acton Quilters and for the last 2 ½ years she has been our faithful, confident, and skilled office volunteer on Thursday mornings **and** many other days as a willing fill-in person.

So when you stop by or call on a Thursday morning, say a special hello and thank you to Barb. She is one in a million and we are grateful for her help and her terrific smile!

## CLASSES/GROUPS/PROGRAMS

**NEW FOR DECEMBER.....SIGN UPS BEGIN DECEMBER 4th at 12:00 NOON!**

### **Computer Club**

*Tuesday, December 5<sup>th</sup> and 19<sup>th</sup>, 10:00-11:30*

*Wednesday, December 13<sup>th</sup> and 27<sup>th</sup>, 1:30-3:00*

Please join us in the computer lab for a lively round table discussion as well as hands-on experience about anything computer related. The Computer Club will be facilitated by a volunteer and will cover any variety of topics each week. The club is open to all computer users from the novice to the experienced. We'll go home each week with new software ideas, websites to visit and hopefully our computer problems solved. Come as often as you'd like.

### ► **Holiday Greeting Cards** - Instructor Cynthia Durost

*Wednesday, December 6<sup>th</sup> and 13<sup>th</sup>, 9:00-11:00*

Students will create and complete their personal designs of personal holiday cards. Supplies needed include watercolor pad, colored pencils or watercolor pencils. Envelopes and markers will be provided.



### ► **Build Your Own Gingerbread House**

*Wednesday, December 6<sup>th</sup> and Thursday, December 7<sup>th</sup>, 1:00*

This two session "workshop" will give you a beautiful holiday centerpiece or a gift for that special grandchild. During the first session you will assemble your house. In the second session you will decorate and complete your house. All supplies will be provided at no charge.

### ► **Holiday Greens Center Piece**

*Monday, December 11<sup>th</sup>, 1:00-2:30*

Join members of the Acton Garden Club to make your own centerpiece from local greens, berries and findings. Bring a low dish or bowl, pruning shears and any items you choose such as ribbon, ornaments, small fruits or vegetables. Cost is \$5.00

### ► **Intermediate Digital Photography Class**

*Tuesday, December 12<sup>th</sup> or Friday, December 15<sup>th</sup>, 1:00-3:00*

This class will use additional features of Picasa to learn more detailed photo editing techniques, as well as printing and storing on CDs. This class is limited to 3 students who have taken the Beginner class or know Picasa already. We will use the Windows machines only. Bring your camera, memory card, instruction manual and cable to class.



### ► **Holiday Tea**

*Tuesday, December 12<sup>th</sup>, 2:00-3:30*

This very popular annual event will feature our own collection of beautiful teacups, delicious finger sweets and good Holiday cheer! Don't miss this touch of elegant seasonal fun!

### ► **Organize Your Computer Files**

*Thursday, December 14<sup>th</sup> or Thursday, January 4<sup>th</sup>, 10:00-11:30*

Learn to adjust your desktop to suit you best, organize your folders, create shortcuts to programs, rename, move and delete folders. This is a basic course for those needing help with their desktop, document storage and retrieval.

### ► **Holiday Cookie Swap**

*Tuesday, December 19<sup>th</sup>, 1:30-2:30*

Join this first time, delicious event with your creative entry! Bring two dozen homemade cookies, nicely displayed, and an empty container to bring your assortment of two dozen cookies home. You will be bringing your display dish home when the event is over. When signing up please tell us what type of cookie you will be bringing so we can arrange the room accordingly.

► **Indicates that you must sign up in advance!**

► **Bridge Class** - Instructor Electra Comou

***Mondays, January 8<sup>th</sup> through February 12<sup>th</sup>, 10:00-12:00***

This session will approach the bridge game at an “intermediate” level to meet the majority of the needs of the group. As usual, the first hour will be a lesson and then 2<sup>nd</sup> hour free play. All experienced players are welcome, this is not a beginners class.

► **Indicates that you must sign up in advance!**

**Who do you call when you need a ride?**... That would be me, your friendly COA van dispatcher! I do my best to accommodate all seniors who call needing a ride Monday through Fridays in and about Acton, Concord or Maynard. Some days this can be a real challenge. Our van is busy 8:00am through 3:30pm carrying passengers to medical appointments, to senior center programs, grocery shopping and to an endless number of other locations.

Aside from scheduling the van each morning I spend the rest of my day as the office administrative assistant. That can mean doing anything from moving tables and chairs to ordering supplies to putting together the monthly newsletter. I love the buzz of activity and all the comings and going of our seniors. It does make the day fly by and I have to say that it's a rare day that I leave having done everything I started out to do. But, with the COA being such a vibrant place to work and with a great staff to work with, I really do look forward to coming in each morning to again try to finish everything on my list.

So if I haven't met you yet please stop by and say hello, and if you need a ride be sure to call me before noon to schedule the van to pick you up.

Judy Peters

Van Dispatcher/Adminstrative Assistant

**South Middlesex Opportunity Council (SMOC)  
Low Income Home Energy Assistance Fuel**

**Assistance** - Need help paying your heating bill? New applications for 2006/07 fuel assistance are being taken through April 30<sup>th</sup>. If your yearly gross household is at or below the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA for information.

<i>Household size</i>	<i>Maximum gross income</i>
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1	\$ 19,600
2	\$ 26,400
3	\$ 33,200
4	\$ 40,000

(Call for income guidelines for larger families)

**Good Neighbor Energy Assistance**

**Program** – Winter energy assistance from Salvation Army is available for people with income within the guidelines below. Regular applications start Jan. 1, 2007. Call Jean Fleming or Carol Steiner at the COA for more information and income guidelines for larger families.

<i>Household size</i>	<i>Maximum gross income</i>
1	19,600 - 26,950
2	26,400 - 36,300
3	33,200 - 45,650

(Call for income guidelines for larger families)

**Going Away for the Winter??**

Please give us a call so we can temporarily take you off our mailing list while you are away. Let us know when you return so that we may put you back on our mailing list. While you're away visit us at [www.acton-ma.gov](http://www.acton-ma.gov).

**Veterans Benefits Information**

For information on Massachusetts benefits for eligible veterans and surviving spouses, please call Donna Rochette in the Town Human Resources Dept., 978-264-9603. She will put you in touch with the Acton Veterans Services Officer, Dore' Hunter, who will arrange a time to meet with you.

## **ONGOING CLASSES/GROUPS/PROGRAMS**

**ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!**

### **Drop-in One Stroke Painting**

*Mondays, December 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 9:30 -11:00*

### **Drop-in Mah Jonng and Dominoes**

*Tuesdays, 12:30-1:30, No games December 5th*

### **Drop-In Watercolor**

*Wednesday, December 20<sup>th</sup>, Wednesday, December 27<sup>th</sup> and Wednesday, January 3<sup>rd</sup>, 9:00-10:30*

### **Acton Senior Quilters**

*Wednesdays, 10:00-12:00*

Self-directed group meets to work on various group and individual projects. Quilters of all levels are welcome.

### **Knit/Crochet/Punch Needle Embroidery**

*Wednesdays, 12:30-2:00*

This great group of gals enjoys knitting, crocheting and now Punch Needle Embroidery. If you were a student in the recent Embroidery class or an experience needle artist please join this group of crafters!

### **Genealogy Group**

*This group will start meeting again in January; please watch the January newsletter for details.*

### **Pool/Ping Pong/Poker**

*Daily, 12:30 for pool/ping pong and Fridays, 1:00 for poker*

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

### **► SHINE (Serving the Health Information Needs of Elders)**

*Mondays, 1:00-3:00*

MaryJane Costello will help you navigate the confusing world of health insurance. Please call the COA office to schedule an appointment. SHINE is managed and funded by the MA Exec. Office of Elder Affairs.

### **► Men's and Ladies Breakfast!**

*Friday, December 15<sup>th</sup>, 9:00*

Join us for a generous, warm breakfast with some good friendship on the side! Please call the COA by Wednesday, December 13<sup>th</sup> for a reservation. Cost is \$2.00.

### **“The Bookies”**

*No Meeting in December*

The January book of the month is French Women Don't Get Fat by Mireille Guili.

### **► Ask the Lawyer**

*To be Determined for January*

Attorney Leslie Madge, a certified Elder Law Attorney, offers 20 free minute private legal consultations.

**► Indicates that you must sign up in advance!**

## **SENIOR VAN SCHEDULES**

The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.

**STAYING FIT.....► SIGN UPS START DEC 4<sup>TH</sup> at NOON!**

► **"Stretch and Flex"** with Terri Zaborowski

*Mondays, January 22<sup>nd</sup> through March 26<sup>th</sup>, 8:30-9:30*

Start with a gentle warm-up and then progress to easy resistance training using Thera-bands or free-weights (both provided by the Center). This class is designed for all fitness levels. Exercise has been proven to help increase strength, bone density, endurance and metabolism while lowering blood pressure and cholesterol. If that's not enough incentive to join, this class is fun and all participants enjoy the added benefits of friendship and sociability!

► **"Senior Cardio-Flex"** with Terri Zaborowski

*Tuesdays and Thursdays, 8:30-9:30*

*or Wednesdays and Fridays, 8:30-9:30*

*Week of January 8<sup>th</sup> through the week of March 26<sup>th</sup>*

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

► **"Beginner to Intermediate Stretch and Tone"** with Terri Zaborowski

*Tuesdays and Thursdays, 9:45-10:45*

*Week of January 8<sup>th</sup> through the week of March 26<sup>th</sup>*

This class is the same as the above class but at a lower-impact level.

► **Indicates that you must sign up in advance!**

## **Senior Center Art Display**

Please stop by the Acton Senior Center living room November and December to enjoy the works of Acton amateur photographer Joe Schatz. Skilled and practiced in both the art and science of photography, Joe has been a volunteer photographer for numerous church and youth organizations, taught photography and has had his work appear in local and national publications. The January show will feature returning artist Alice Brunton. More about Alice in the January newsletter. The Center is open Monday through Friday, 8-5 but please check the calendar to make sure the room is available for viewing the show.

## ► **Safety Sand**

"Safety Sand for Seniors" has resumed for this winter season. Refills are available throughout the winter so call the COA when you need more sand.

## **Friendly Visitors**

No meeting in December but PLEASE check out the Holiday Tea Party and come with the person you visit if you think they would enjoy this wonderful event.

## **Medical Equipment Donations**

Please call the COA ahead to donate or borrow equipment. Transfer benches, shower seats and raised seats for toilets are in low supply at this time. Please be sure all donations are very clean and ready to be loaned back out.

## **Friendly Reminders**

Thank you to everyone who helped the Friends with our successful raffle sales on Election Day. The hand-made quilt, the one-stroke painted mailbox and slate drew everyone to our raffle table. We thank our senior creators of the quilt, mailbox, and slate along with our volunteer sales people, the town clerk's staff, the police and of course the Acton residents, who purchased tickets. Raffle tickets will remain on sale at the Senior Center until December 19<sup>th</sup>, the day of the drawing at the holiday party.

Look for the Annual Appeal letter arriving to your home in late November. We are counting on your donation to continue providing the excellent teachers and programs currently offered free of charge. Remember your donation is tax deductible.

Happy Holidays – The Friends of the Acton Council on Aging



## Important Health Insurance Information

Starting January 1, 2006, the only Medicare Advantage plan that the medical groups of Harvard Vanguard Medical Associates and Dedham Medical Associates will accept is Tufts Health Plan Medicare Preferred HMO (formerly called Tufts Secure Horizons). If you wish to stay with these medical groups but have other insurance, please call Tufts Medicare Preferred at 1-800-246-2400 to learn more about their plan. A new insurance choice must be made by December 31<sup>st</sup> to avoid losing your Medicare Advantage plan as well as Medicare Part D drug coverage for 2007. Please remember that you can call the COA office at 978-264-9643 to schedule an appointment with the SHINE health insurance counselor, Maryjane Costello, on Monday afternoons at the Senior Center. She is glad to help you figure out your options related to this or other health insurance/ prescription drug coverage concerns.

## Senior Work Program

The Senior Work Program employs senior citizens on a temporary basis within the departments of Acton's municipal government. Up to \$750 can be earned each fiscal year with the goal of assisting seniors with their real estate taxes. Please contact the Council on Aging or Human Resources at the Town Hall for an application.

## The Salvation Army is Recruiting Bell Ringers

The Salvation Army is recruiting volunteers and some paid bell ringers for the annual holiday fund drive through December 23<sup>rd</sup>. Experienced ringers will be paid \$7.00/hour, novices will be paid \$6.50/hour. Please call Dr. Mary Donald's daytime number, 978-263-7855. The red kettles will be located in front of Donelans, KMart, Roche Bros. and Stop n Shop. Choose your location and hours. Please consider helping this organization that helps so many.

## Elderberries Broadcast

Please tune into the Acton Senior Magazine broadcast three times a day Monday through Friday on Comcast Channel 8. For times call the COA.

## SHINE...

### Open Enrollment Alert!

The open enrollment period for Medicare Part D is through December 31<sup>st</sup>. During this period, anyone eligible for Medicare can enroll in a Part D plan or change their current Part D coverage. Take this opportunity to make sure that you have the best coverage for prescription drug needs. Call the COA to schedule an appointment with the SHINE counselor.

**SHINE Websites:** [www.medicare.gov](http://www.medicare.gov) , [www.massmedline.com](http://www.massmedline.com) , Medicare Advocacy Project: 1-800-323-3203

## Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Requested voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9643 for transportation, if needed.) The **December Birthday Lunch** will be on **Wednesday, December 13<sup>th</sup>**. Anyone celebrating a December birthday is welcome to make a reservation to join us for a complimentary lunch funded by The Friends of the Acton COA. Mark your calendars for the **Holiday Lunch** on **Tuesday, December 19<sup>th</sup>**. Please call by December 13<sup>th</sup> for a reservation.

## HEALTH NEWS...

### Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-006. Provides adult day health and Alzheimers day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

### Support Groups

- **Alzheimer's Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4<sup>th</sup> Wednesday of each month in the early evening. Please contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Life Care of Nashoba Valley**, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512

- **Caregivers support group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Early stage Patient and Carepartner Support Group** for people with early stage memory problems and their care partners. 1st Tuesday of each month, early afternoon., Concord COA, Harvey Wheeler Building. Call Rebecca Tamasanis 978-369-6889 or Carol Steiner 978-264-9643.
- **Support Group for families and friends of the mentally ill**: NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information.

**New Information and Referral Service:** toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

## Healthcare Websites

- **Alzheimer's Association** sponsored website for people who care for a loved one with Alzheimer's disease. Enter info about your situation at [www.alz.org/carefinder](http://www.alz.org/carefinder) and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org). For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

## AROUND TOWN...

### Acton Memorial Library

**Computer Skills Classes and Computer Clinics** - Stop by the reference desk or call 978-264-9641

**Homebound Book Delivery** - Offers limited service to homebound patrons. Call 978-264-9641.

### Acton Recreation Department

Join them on an unguided NYC shopping trip on Saturday, Dec. 16<sup>th</sup> for \$55/person! Cathy Fochtman, Rec. Director and Master Gardener will lead a Floral Arts Workshop on Monday, December 18<sup>th</sup>. For \$25 you make and take home your own kissing ball! Contact the Recreation Department at 978-264-9608 for more information.

### Harvard Pro Musica

*Saturday, December 9<sup>th</sup>, 7:00*

The work of Magnificat in D Major by Bach. Tickets are discounted to \$6.00. For more info call 978-456-1230.

### Veteran's Homestead Mobile Medical Clinic

*Tuesday, December 5th, 12:00-3:00 and again on the first Tuesday of each month*

## Weight Watchers Opportunity

The Acton Board of Health has a few scholarships for Acton residents to pursue their health goals by attending Weight Watchers Programs. Through a grant from Northwest Suburban Health Alliance/CHNA 15 Determination of Need Funds from Lahey Clinic, interested residents will be given a 50% scholarship to join and participate in a ten-week program at the Weight Watchers meeting of their choice. Contact the Board of Health at 978-264-9634.

## Holiday Fire Safety Tips

Here are some highlights compiled from a two page printout of helpful hints compiled by the Acton Fire Department, in conjunction with the Office of the State Fire Marshal for preventing fire tragedies in your home.

- Keep trees away from heat sources, such as radiators, wood stoves and fireplaces.
- Water the tree daily, and dispose of the tree before the needles dry out.
- If you select an artificial tree, choose one that is labeled "fire retardant".
- Unplug all decorative lighting before leaving the house or going to bed.
- NEVER LEAVE A CANDLE UNATTENDED.
- Never overload outlets or hide extension cords under carpets; use GFI outlets if possible.
- Be sure ALL SMOKE DETECTORS ARE OPERATING.



## ACTON HANDYMAN PROGRAM

The Acton Handyman Program, offered entirely by volunteers, is designed to help Acton seniors with small repairs and simple household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc
- Mattress flipping
- Simple computer, TV, VCR, DVD connections
- AND more!

Nothing on ladders, please.

Call the COA to request Handyman services.



## SURVEY UPDATE

Thanks to everyone who have returned their surveys. To date we have received almost 500 completed forms. We are in the process of compiling the data and will be sharing the results with you over the coming months.

The drawings for the food gift certificates will be on December 1<sup>st</sup> and we will be in touch with the winners shortly after that. If you still have a survey, please fill it out and send it along so we can include your thoughts in the results.

## SENIOR CENTER CLINICS

**Hearing:** *Thursday, December 14<sup>th</sup>, 1:00-3:00*

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. Please call to register.

**Podiatry Clinic:** *Tuesday, December 5<sup>th</sup>, January 2<sup>nd</sup>, 8:00-10:30*

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

**Blood Pressure:** *Tuesday, December 12<sup>th</sup>, 9:30-11:30*

The Nursing Service holds free monthly blood pressure clinics at the Senior Center. No appointment necessary.

**Wellness Clinic:** *Tuesday, December 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 9:30-11:00*

Acton Public Health Nursing Service will sponsor a free clinic at the COA every Tuesday morning. A Registered Nurse will be available to check blood pressure, pulse, or weight, and answer any medication, health, diet & exercise related questions. The program is free to all Acton seniors.

### ACTON COA STAFF

Jean Fleming, Director  
Carol Steiner, Outreach/Volunteer Coord.  
Debby Mozzicato, Program Coordinator  
Judy Peters, Van Dispatcher/Admin Assist  
Ron Paskavitz, Van Driver  
Steve Ryan and Peter Colby, Sub. Van Drivers

### ACTON COA BOARD MEMBERS

Stephen Baran, Chair  
Edwin Carell  
Anita Dodson  
Pat Ellis  
Bill Ely  
Gena Manalan, Vice-Chair  
Sally Thompson  
Paul Turner

The Acton COA Board will meet on Tuesday, December 19<sup>th</sup>  
at 4:15 at the Senior Center, 50 Audubon Dr.

## ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street**

**Acton MA 01720**

**Return Service Requested**

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